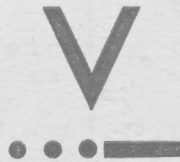




ALUMNAE LIFE



1941





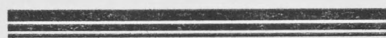
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Ambulance
extends
KINDEST
REMEMBRANCES
To All
GRADUATES
of the
GENERAL HOSPITAL



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Lamp

No Bottles

No Test
Tubes



JUST A LITTLE

Galatest

and a medicine dropper is all the "equipment" necessary for making an accurate and instantaneous test for glycosuria in diabetic patients.

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THE
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Editorial

☆☆☆

AH! A chance to write something to impress one and all with a show of superior wisdom—such I thought was the role of an editor. To do the thing fittingly I perused a few books “on editors” and when I read:

“Father was an editor and went about usually with a preoccupied expression, but when conversing with people his face lit up wonderfully. He had a Roman nose and a sweeping black moustache like the man on the label of Sloan’s Liniment.”

Again, “the editor Hubert Carter was a white-faced, round-bellied man with a limp, who cultivated the picturesque by side whiskers and an Inverness Cape.”

I felt, my nose being anything but Roman and not possessing side whiskers, or an Inverness Cape, somewhat deflated.

From my reading, my mental picture of an editor was of a poor, harassed creature, tearing his hair, shouting profanities and pleading for co-operation and material from his assistants. But again, my impressions didn’t carry and I’d like to thank a most helpful committee and we would like to thank all those of you who so kindly contributed articles to try to make this Year Book as interesting as those preceding. The spirit of co-operation which exists among us, from the small committee group, the executive, the general meeting and our far flung members all over the world from De Winton to Tokio, from Bowden to Juneau is very evident and proves the old adage “United We Stand.”

Now without further ado (and very relieved to think we do not have to set the type !) we pass on our efforts for your perusal.

Wishing you all a Merry Christmas from “The Committee and Editor.”

LILLIAN E. MACKO

Here’s to the days to be
Beyond our guessing---
And so for you, for me
A hope, a blessing.



Fellow Members:

OUR sixth year as an Alumnae has passed, with you members still showing the same keen interest and loyalty to all your undertakings and I am sure you will continue to respond to the appeal of the fellowship the Alumnae has.

The War has unfortunately divided our efforts, but it will continue as time goes on to make everyone more hospital and nursing conscious, thereby making our task easier when peace returns.

As retiring President I wish to express my sincere appreciation to the Executive, all the members for their willing co-operation at all times and my thanks to the faraway members who bring themselves so near with their letters. Your faith in us is always an incentive.

Your letters coming from all over the world are received with the keenest interest and frequent applause.

Remember there are always classmates to grieve over your sorrow, share your pleasure and laugh at your jokes.

My very best wishes to our new President and her fellow officers for a successful year and to every member both near and far a 1942 of good health and the satisfaction and contentment of a task well done.

Gertrude O'Keefe '24



ON behalf of the Supervisors, Training School Staff and myself it gives me pleasure to wish you all the Compliments of the Season.

Anna Hebert, Acting Superintendent

In Memoriam



Dr. Reginald Burton Deane
F.A.C.S.

1870

1941



Dr. John Donald Stewart

1884

1941



Dr. George Allan Anderson

1870

1941



MISS Macdonald has resigned from our Hospital, yet something of herself remains, something intangible which will travel down the years. something best defined as tradition. We are all going to miss her very, very, much, but hope sincerely that after thirty years of unremitting service in the cause of humanity, she may enter into a long period of enjoyable leisure, doing those things she has always wished to do.

Miss Macdonald graduated from the Massachusetts General Hospital in Boston, where she remained for sometime as ward supervisor, later entering the private duty field to broaden her scope of nursing experience.

In 1911 she rejected a position as Superintendent of nurses in an American Hospital in order to come West where her parents had preceded her. She joined the staff of the C. G. H. in the same year as ward supervisor.

When in 1917 Miss Smith left our Hospital for the East, Miss Macdonald entered the T. S. O. as assistant Superintendent where her good council, and unfailing kindness were an inspiration to all those who came in contact with her.

In 1923 she became Supt. of nurses, and twelve years later was awarded the King George Jubilee medal honoring her nursing service.

During her eighteen years as Supt. of nurses, Miss Macdonald made many changes. The School uniform is now more practical with low collar and short sleeves, while the scarlet lined cape adds to its attractiveness. Each Sunday at 6.15 a. m. a Sacred Service is held in the dining room. Class Organization has been encouraged bringing into prominence individual talents, and that most necessary attribute, a democratic spirit of leadership.

Miss Macdonald's keen discernment of character, understanding of human frailties, and above all her sense of fairness, have contributed in no small measure to the splendid esprit de corps so noticeable in the students, their loyalty and pride in their Hospital promote the very finest spirit of service.

Among the many glowing tributes in words, and gifts received upon her retirement, none touched her quite so deeply as the beautifully constructed verses in which the students expressed so feelingly their appreciation of Miss Macdonald's work, inspiration and influence in the school.

In closing, may we the ex-students borrow a line from their poem and say with them "Her name is graven upon our hearts".



THE fact that time marches on was brought home to us very forcibly in June of last year with the retirement of Miss Murphy, O. R. supervisor for the past 32 years.

After graduating from St. John General Public Hospital, St. John, N. B. Miss Murphy did private duty nursing, returning later to her own school where she remained for two years in charge of the Children's Ward.

She came West in 1908 to join the staff of the old 12th Ave. General Hospital, of those early years she had little to tell, apart from the infallibility of Dr. H. G. Mackid, whose teaching, understanding and general kindness seemed to dominate the life of the Hospital.

Chloriform was used more generally than ether, though the word anaesthetic was spoken in hushed tones, and to contemplate an operation, was in the minds of many, to seek a rendezvous with the Grim Reaper. All catgut was prepared in the O. R. (special Sunday treat!!) Masks were unheard of, and with one or two exceptions, Doctors wore no gloves. Instruments were easily boiled, but the sterilizing of dressings presented a major problem, for that purpose a large superior sort of steamer was kept at "full steam ahead" for seven hours.

With the opening of the new Hospital in 1910, life became less complicated, and though O. R. technique remained basically the same, many new methods were employed during the ensuing years, the word Specialist became familiar, School children came in droves to relinquish their tonsils, then came the post war days, with wonders in bone, plastic and nerve surgery. Miss Murphy frequently spent her holidays visiting other larger Hospitals, she was always abreast of the times in every last detail.

Humor and tragedy seem to be boon companions in any O. R. I wish space permitted my telling you some of Miss Murphy's anecdotes, picture for instance, Room 1, Dr. Mewburn in the midst of a difficult nerve operation, rendering in a high falsetto, "You called me Baby doll a year ago", Room 2, a patient receiving special attention. Out in the corridor Dr. O'Callaghan's sad plea, "nurse, nurse, won't somebody tie my tie". Miss Murphy was equal to it all, it might well be said of her in the words of Kipling, she could "meet with triumph and disaster, and treat those two imposters just the same".

High Lights of 1941

JANUARY—

Annual reports from members of executive. It was decided to send a gift of \$300.00 to the Lord Mayor's Fund, London.

FEBRUARY—

After the business meeting Mrs. W. S. Dover entertained with a very interesting talk on Life in Ceylon and Mrs. W. Parker was guest soloist.

MARCH—

Plans were made to send assistance to British War Nurses. Also to award annually a surgical kit to the Nurse standing highest in proficiency in surgery.

Miss J. Hendry entertained with fascinating colored slides of our own mountains.

APRIL—

For those wishing to reduce, become blondes or vice versa "The Parisian Beauty Box" was a source of inspiration (?). This was the name of the play we put on to entertain the Graduates from the Holy Cross Alumnae. It was a very pleasant evening and concluded, of course, with those dainty refreshments that Mrs. J. Woodworth and her committee always produce.

MAY—

Our 6th Annual Banquet in honor of the graduating ('41) class was held in the Palliser Hotel. It was splendid to see so many "out of town" members. Total attendance 256.

JUNE—

Mrs. E. P. Scarlett enlightened us with a talk on "The Family Planning Association" and I think we should mention it here that one of our own graduates, Mrs. Ann Hammill (McKee '26) is the visiting nurse. This was the evening we feted Miss Sara Macdonald, our retiring Superintendent (and we didn't win the teapot.)

SEPTEMBER—

After a rest during July and August, we assembled and enthusiastically planned our 7th Annual Ice Frolic. Mrs. Frank Fish read "The White Cliffs of Dover" to us and we should like to recommend it for your spare minutes.

OCTOBER—

Business meeting, followed by a talk on Current Events by Doctor Lucy Bagnall which was most timely.

NOVEMBER—

The Ice Frolic, our pride and joy, and for two nights this year.

Election of officers for 1942.

DECEMBER—

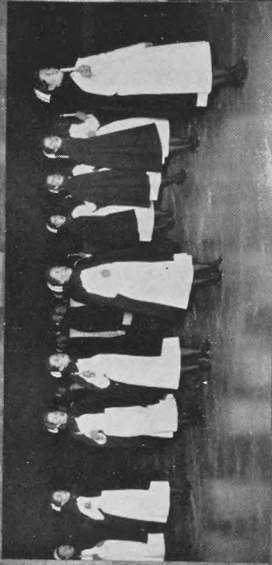
The Christmas Party.

(Notes by MRS. RALPH WILSON)

CONTINUED FROM PAGE 6

On one occasion a persistent salesman endeavored to sell her a cheap cat gut this she inspected, found wanting, and rejected. He complained bitterly that she was ruining his business throughout the Province because nurses trained by her were in charge of most of the Hospitals and would only use what Miss Murphy used. An Eastern Hospital undertook to give this same catgut a fair trial, resulting in infection, and a number of deaths, the firm went out of business, Miss Murphy's good judgement was vindicated.

I cite this incident merely to illustrate her conscientiousness, the welfare of the patient was her chief concern at all times, and any carelessness on the part of nurse or Doctor, met with equal rebuke. Her outstanding efficiency, quiet humor, and splendid teaching, will long be remembered by the Calgary General Graduates, and to many of us, those months spent in the O. R. under Miss Murphy's guidance, were the happiest, and most interesting, in our entire training.



ICE FROLIC



Three cheers for our 6th annual Ice Carnival, held in the Arena on the 14th and 15th of November. The building was colorfully decorated in our school colors and the ice tinted in a red, white and blue "V" for Victory design. Nurses in the school uniform sold programmes (some thirty-six hundred, a complete sell-out). An enthusiastic crowd of over ten thousand greeted the artists and all seemed thrilled with the excellent performance.

Group Captain D'Arcy Greig of No. 4 Training Command opened the carnival after being introduced by Mrs. T. L. O'Keefe. The short ceremony was preceded by a colorful parade led by nurses in uniform carrying huge flags of the Empire and Allies. The smart R. C. A. F. Band supplied stirring march music under the direction of Bandmaster-Sergeant Wick Ford.

Misses E. Doolan and M. Deegan of the Banff Figure Skating Club gave a fine performance attired in costumes patterned after the R. C. A. F. uniform.

Barry Green, Saskatoon Club professional, was most entertaining.

The crowd held its breath at the feats performed by Walter Grant, Connaught Figure Skating Club, Vancouver. His final act when he jumped over 4 barrels and through a hoop of flame was spectacular.

We feel indeed fortunate that Freddie Tomlins, R. A. F., British Empire Champion and Runner-up for the World Title, 1939 figure skating, was stationed in our city and so generously performed for us, without a doubt he contributed greatly to the success of our show. With his outstanding skill, speed and grace, the like of which has never been seen in Calgary, he surpassed even the expectation of his keenest admirers. Wherever he may be serving his country, he will carry the best wishes and grateful thanks of our organization.

The speed skaters from Canmore gave a fine exhibition.

"Cyclone" Taylor, well known in the city was present and has reason to be proud of the performance of his twelve-year-old daughter Joan, Pacific Northwest Junior Champion.

The trio, Misses S. Martin, Muffy McHugh and D. Dutton staged a very smart number. Have you seen anyone skating on stilts? That's just what Harold Cantalon of Saskatoon did.

Miss Bretta Lundquist, Seattle Skating Club and 1941 Northwest Senior Ladies Champion was back with us again by popular request.

A hush of expectancy fell upon the crowd as a voice was heard "Look to the southwest corner of the arena. There you will see a group of our nurses holding aloft the light of Victory. They are acting as a guard of honor to---but I must not tell before-hand. Watch as they march to the centre where they will weave for you a picture of inspiration and hope." Breathlessly we waited as out of the twilight came a large "V" formation of uniformed nurses each carrying a lighted candle, the glow of which seemed to partly reveal and partly conceal a colorful company of figures. These marched in twos to the centre where colored lights enhanced the ethereal beauty of the picture.

The "Spirit of Britian" draped in dazzling white with a cloak flowing from the shoulders in a cascade of crimson, stood on a dais surrounded by her hand-maidens, the whole united with silken cords of red, white and blue. As we watched, the shimmering mass of color, light and grace, the figures moved into a set pattern.

Just beneath the dais was a lovely vision in white holding in her arms a mass of pale pink blossoms. This was the Angel of Victory and she was accompanied by her constant companions, the Angels of Happiness, Freedom and Peace, clad in blue, pink and orchid, respectively. In the foreground stood the Spirit of Democracy in scarlet and white.

ICE FROLIC—Continued

Slightly further forward stood the figure of our beloved Florence Nightingale with her white Angels of Mercy. As a tribute to the suffering mothers of the world, the Spirit of Motherhood - a Madonna in blue - stood holding a child in her arms. Nearby was the figure of a London Nurse assisting a patient from a bombed hospital.

In "V" formation from the Angel of Victory were, in one line, the "Empire Forces", comprising England, Scotland, Wales, Ireland, Canada, Australia, New Zealand and South Africa. While the other line was composed of the "Free Forces" namely Greece, China, Russia, Belgium, Yugoslavia, Norway, Free France, United States, Poland, Holland and Czechoslovakia.

In the immediate foreground was a touch of London - its flower-women with baskets of flowers and its bombed victims. With them the Civilian Nurses, Women Doctors, Nursing Sisters and the Women's Army Auxiliary Corps.

The voice of Churchill was heard full of hope and encouragement and with Mrs. Cailes leading, audience and participants alike sang "Land of Hope and Glory." Thus the picture "Spirit of Freedom" was complete.

It is interesting to note that all figures were in pairs, forming the picture in duplicate and enabling all sides of the arena to see the complete effect. Most of the costumes were authentic.

Mrs. Walter Weller, director of the Pageant, deserves our gratitude for her untiring patience and talent and to Mrs. Buckmaster, the carnival convenor and her committee we express congratulations.

"How much money did we make? --- Approximately \$2,800.00 clear.

Incidentally, we have on hand one dozen pairs of angel's wings, slightly used, of various colors, a good buy for anyone wishing to do a spot of flying.

Annual Banquet

From all over the province and from several points in British Columbia and, yes even from Winnipeg, graduates of the C. G. H. foregathered for the Sixth Annual Banquet. Given in honor of the graduating class and under the convenorship of Mrs. Gladys Macpherson, two hundred and fifty-six of us assembled in the main ballroom of the Palliser Hotel. The Big Sister, Little Sister candle lighting service was most impressive and seems to have become definitely an institution.

Decorations were in the patriotic motif with large flags draped behind the head table and the colors carried out in red, white and blue in every detail, flowers, tapers and even after-dinner mints. At the head table and tables where the Big and Little sisters were seated, there were most original favors--tiny red, white and blue hand-knitted socks which had not yet been removed from their miniature needles and which were quickly transformed into lapel ornaments.

Speakers for the evening were Miss S. Macdonald, Mrs. L. O'Keefe, Mrs. J. N. Gunn, Miss L. Kautz, Mrs. F. West and Mrs. T. Valentine.

PLEASE PATRONIZE OUR ADVERTISERS

The Sick

WITH the year again drawing to a close and the activities of this busy organization being reviewed and put into words for the Year Book, the Sick Visiting Committee has been called upon for an accounting. Numerous visits have been made and flowers have been sent. It is gratifying to be able to say that the greater number of hospital cases have been blessed events, some infants coming considerable distances to get themselves born. I've no doubt the wise little people know they save their mothers quite a bit of money coming back to the Hospital. Everyone knows of the arrangement between the Hospital and the Alumnae whereby paid up members receive a substantial reduction in rates in consideration of assistance given the Hospital in the way of equipment from Alumnae funds. Of course, this consideration applies to all cases coming to the Hospital. As a matter of fact 29 nurses were in, fifteen in maternity and fourteen for other reasons.

If there are those who have been sick in the home and have not been visited it is because their illnesses have not come to the notice of the committee. Anyone knowing of such cases would help greatly by notifying some member of the committee.

A committee of this sort seems to be always in need of money, usually the amounts are quite small but in the end amount to a considerable sum, so this year the mite box came into being. This money is used to purchase a small remembrance for our girls who are so unfortunate as to have a lengthy illness, and I wish to thank everyone who has contributed so generously to our fund.

May I wish all the best of health and good spirits in the New Year.

Mrs. ESTHER EMERSON (Greenwalt '25)

We would especially like to greet our cheerful friends Miss Molle Harbach Miss Mabel Carlson and Miss G. M. Campbell (Daw '24)



Answer to "Do you Just Belong?"

ALIBI OR NO ALIBI

I'm not an active member, No—

I'd like to be all right;

Nor can I say "I just belong"—

I'm a great big parasite.

I'm not content nor satisfied

To let some do it all;

But what are you to do with those

Who just can't hit the ball?

Although the flesh seems very weak,

I'm with you soul and heart,

And spirit truly willing too,

To take an active part.

Now that you know my attitude,

I hope you'll let me by;

But I'm for hanging all the rest,

Who have no alibi.

1942 Executive

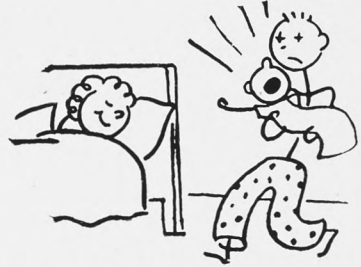
Mrs. L. O'Keefe	Past President
Mrs. A. E. Warrington	President
Mrs. G. Macpherson	1st Vice President
Mrs. T. V. Ellis	2nd Vice President
Mrs. Jean McIntyre	Recording Secretary
Miss Jeannette Cummings	Corresponding
Mrs. B. T. Charles	Treasurer
Miss Cecelia Rose	Press



Subject

Having a Baby!

By one of the copy-write owners.



I MADE a date nine months before with Dr. Bringababy Stork, and the long expected day arrived—so I thought. I had the necessary symptoms so departed for the good old General in plenty of time, but --- alas and alack like visiting a dentist with an aching tooth, upon entering the sacred portals of Maternity (through the new waiting room) they scared my pains all away, except castor oil ones.

The Alumnae has given many lovely and useful gifts to the General, and if their next request is a new strip of linoleum for Maternity, please be generous, because you can blame me for wearing the present one out. I'll even give you the number of feet from the back door up to the charting desk. By the way I found that by humming "Around the Marble Arch" I could really march that long corridor length with a fair military swing—if not "form".

After a week or so of marching, using castor oil as fuel, with a plentiful supply of enemata to put pep or something in me, I became well acquainted with all parts of Maternity, except the place I wanted to visit—the case room. If anyone tries to tell you that castor oil is rationed believe me there is no rationing at the General. I suspect Miss Matheson and Miss Barnes have a garden plot someplace where they grow their own castor beans. Enemata too are not included in their wartime budget and they still have plenty of effective operators on the job.

Maternity is a grand place for a rest cure, although I'm not recommending it for annual summer vacation. I began to think that the only reason that I was there was for a rest cure, but one day the real reason became apparent and yes—I have a daughter who will be in Alumnae, 1962.

Mrs. G. DUTHIE (Shields '27)

Rummage Sale Effort



Hostess Hall

(No Effort)



Our War Effort

They're bombing the Hospitals left and right
 The Nurses homes are gone,
 But nurses unite throughout the land,
 That their sisters may carry on.
 Twenty five cents a month they ask of each and every one.
 Our own Alumnae has answered the call
 With "rummage" and "knitting" and "jam" and all,
 For this battle that must be won.

From Arctic's cold to the sunny South,
 From "out West" and "way down East",
 Your dollars come rolling, rolling in,
 To defeat the Nazi beast,
 Your dollars buy sugar and jam and tea,
 Warm clothing and medical aids,
 In short by your generous kindly help,
 You have knocked the "R" out of "raids".

Thank You, keep up the good work, and kindly address all contributions to Mrs. E. Thomas, 1403 Joliet Ave Calgary.

Knitting



Cooking



Cartoons by Gerry Shapter.

To The Day Nurses From The Night Nurses

or

Shirked Responsibilities

★ ★ ★

Did you ever stop to realize
That a Night Nurse was a Day Nurse,
Once upon a time.
And that Day Nurses all become Night Nurses
In the course of training time?
Then why blame the Night Nurse
For every little thing,
From the unrecorded operation
To "who's got Mrs. Murphy's wedding ring?".
When anyone enquires,
Who forget to chart McGuire's
Medicines or such,
The chorus rises from the Day Nurses,
And it swells into a mighty din--
"It must have been the Night Nurse again!"
From who mislaid the missing cap
To who removed the drain
The same old story rises from their lips--
"Not I, nor I, nor I--
"It must have been the Night Nurse again!"
Now who broke the thermostat,
And who plugged the main?
Who's responsible for this or that?
Back comes the old refrain--
"It must have been the Night Nurse again!"
Oh, it's become a ditty,
And it's driving me insane,
For no matter what is asked about,
The answer is the same--
"It must have been the Night Nurse again!"

Miss Cora Graff ('33) Medicine Hat

(We suspect Miss Graff is on Night Duty)

★ ★ ★

He looks enviously at his darlings new hat and wishes that he could grow flowers like that.

T. S. N.

The Rummage Sale Disease



CAUSE

Necessity of raising extra money for The Bombed Civilian Nurse's Fund.

INCUBATION PERIOD

Symptoms may appear four months prior to the onset of the disease, or possibly within a week. Ours erupted in Sept.

SYMPTOMS

(1) Whisperings that basements are full of "junk", and that house cleaning is in progress.

(2) Merely mentioning the fact that one intends to purchase wearing apparel, or replace any worn out household article.

(3) Rapid spread of infection when the successful recovery of some other organization is announced.

GENERAL NOTES

Some nurses wondered who would attend a rummage sale, and how we could expect to make money. Imagine my surprise to find those self same nurses bartering among themselves to the extent that I feared there would be little left for the sale on the morrow.

The peril of assisting at one of these sales is great. Your own clothing should be securely nailed down, or at least bear a sign Not for Sale, and in several languages.

I wonder how that bewhiskered gentleman Great Grandfather would feel about giving up his place of honor to some venerable slanty eyed queen? We couldn't sell Grandfather, but that twenty dollar massive frame has passed on. Price fifty cents.

Imagine purchasing your very first fur coat for the modest price of two dollars. Little did it matter that the purchaser required a size thirty six, and the coat happened to be a fourty two. Coats reaching the ankles are much warmer.

We sold suits, moth eaten and otherwise. Sweaters and wollen goods belonged in the same category. We proudly displayed our silk, satin and beaded dresses, and to describe the hats would take a page by itself. Creations ranged from the skull type to the droopy brimmed and feather trimmed.

Permit me space to thank the members who successfully nursed our organization through this disease, and a request to all--PLEASE SAVE EVERYTHING-- We may have another attack in the Spring.

Expenses \$4.72, Net Returns \$90.16

Ann Hammill (McKee '26)

What's New!

WHAT'S this we hear? You have a broken leg! Well that really isn't such a tragedy these days. With the innovation of the "walking iron", there is no need for weeks in bed or hobbling around on crutches, besides casts made from the new plaster dry in no time. Should there be any displacement of that broken bone necessitating anaesthesia the new anaesthetic does away with that awful nausea following whiffs of ether. When the cast is removed, for gentle support there is nothing like that elastic adhesive.

Remember what inevitably followed a pus case in Room 1? Of course lysol permeating everything from walls to our feet, we now have a new antiseptic which is patriotically British, and even comes in two colors—makes a good gargle too. No that wasn't wash day blueing you saw in the case-room, but that same versatile antiseptic.

We hope you don't have pneumonia, but the treatment of that dread disease as well as other acute infections has been revolutionized by the development of a drug of which you've read. The accompanying dizziness and nausea (which almost made the cure worse than the disease) noted with its inception has practically become eliminated, and even ambulatory patients can tolerate large doses.

Do you know that wax is used for other purposes than the preservation of pickles and jam? Physical therapists use warm wax with satisfactory results in the treatment of painful joints caused by arthritis and rheumatism. Radiant heat and ultra violet rays make life bearable for those suffering from bronchitis or severe muscular pain.

How does your heart behave? If you are not sure the electrocardiograph can tell you. Today many cases of heart disease are detected before they become too serious for effective treatment.

Diabetic patients sing the praises of the insulin which needs only to be administered once a day, doing away with at least two needle jabs, to say nothing of the new diagnostic tests they are taught. Along with diabetes the allergy diseases, hay fever, asthma, eczema are being brought under control by the judicious use of diets.

So my friends with all these new developments there isn't a reason in the world why every one of you shouldn't attain your three score years and ten.

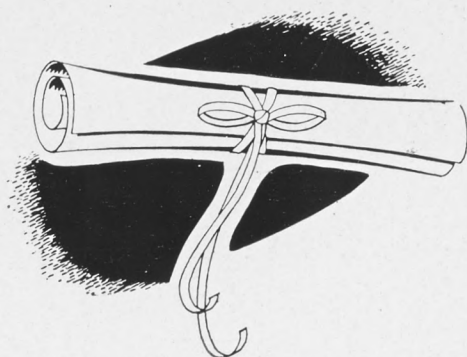
(Says CECILE ROSE—'40)?



At their 24th Annual Standardization Conference held in Boston, Nov. 3, 41, The American College of surgeons put the Calgary General Hospital on their list of "Approved Hospitals".

Graduating Class

1941



DOREEN BRADLEY—Staff, General Hospital, Calgary.
HELEN MILDRED CLARKE—R. A. F., Penhold, Alberta.
BERTHA, MILDRED DEEG—Staff, High River Hospital.
MILDRED J. DONNELLY—Staff, Elcarn Hospital, Elcarn, Manitoba.
ERICA M. GIFFARD—Staff, High River Hospital.
E. MINOTA LUXTON—Staff, Prince Rupert Hospital.
MURDENA MCGREGOR—(Mrs. C. Brown) Winnipeg, Manitoba.
MONA ISABEL McKEAGUE—Staff, Drumheller Hospital.
GERTRUDE PATTON—(Mrs. N. Paulson) High River, Alberta.
NANCY IRENE RICHMOND—Staff, High River Hospital.
BETTY T. SNOW—Staff, Innisfail Hospital.
DORIS M. WOODFIN—Malitia, Victoria, B. C.
MURIEL C. WRIGHT—Keith Sanatorium, Calgary.
DORIS LOIS BENSON—General Hospital, Calgary.
M. ELEANOR BLACKWOOD—General Hospital, Calgary.
ROSE CANN—Staff, University Hospital, Edmonton.
ANNE DAVIES—Staff, University Hospital, Edmonton.
RUTH D. DICKEY—Staff, Claresholm Hospital.
I JEAN FAREWELL—General Hospital, Calgary.
BARBARA R. FORD—General Hospital, Calgary.
E. MARGARET HOOPER—General Hospital, Calgary.
MARGARET M. HUTCHISON—Special Duty, Calgary.
THERESA M. KOEHLER—Staff, Drumheller Hospital.
LOIS ODELL—General Hospital, Calgary.
BERNICE M. OFSTEDAHL—General Hospital, Calgary.
CHRISTINE M. SNOWDEN—General Hospital, Calgary.
VIRGINIA JOY TAYLOR—General Hospital, Calgary.
HELEN MARGARET TESKEY—General Hospital, Calgary.
VIOLA FRANCES TUFF—General Hospital, Calgary.

Sleuth—Miss IDA THOMPSON

PLEASE PATRONIZE OUR ADVERTISERS



Marriages

Year of
Graduation

1941	Mrs. C. F. Mack.....	McGregor
	Mrs. H. M. Paulson.....	Patton
40	Mrs. E. Ayers.....	Zurawel
	Mrs. E. S. Burvill.....	Moore
	Mrs. F. Frost.....	Nelson
	Mrs. E. Hogan.....	Taylor
	Mrs. A. W. McDonald.....	Neame
	Mrs. L. Woodward.....	Young
39	Mrs. T. Gibson, Jr.....	Usher
	Mrs. W. Jackson.....	Miller
38	Mrs. A. Clayton.....	McAuley
	Mrs. G. Fisher.....	Peacock
	Mrs. R. H. Thompson.....	Pain
	Mrs. Don. Hawkins.....	Waldron
	Mrs. Quigg	Van Volkenburg
	Mrs. J. Stott.....	Swift
	Mrs. M. Sweedish.....	Gibb
	Mrs. R. Wray.....	Dawson

Year of
Graduation

37	Mrs. R. Bailie.....	Giles
	Mrs. K. Creelman.....	Bailey
	Mrs. T. Derrick.....	Lees
	Mrs. E. R. Henderson.....	Brown
	Mrs. A. Jones.....	MacNeill
	Mrs. H. Stringer.....	Card
36	Mrs. R. Cumming.....	MacKay
	Mrs. P. H. Rickard.....	Newhouse
34	Mrs. F. T. Ward.....	Dunlop
32	Mrs. H. Duncan.....	Graves
	Mrs. B. Epp.....	Lane
	Mrs. M. Allan.....	Loosmore
	Mrs. E. H. Qualls.....	Bourbonnie
31	Mrs. A. Haydock.....	Esler
	Mrs. R. B. Hennessey.....	Clark
	Mrs. R. Jackson.....	Doherty
29	Mrs. T. M. Hamblin.....	Munroe



Births



Mrs. E. Asmundson.....	Brown	1926
Mrs. J. Redden.....	Esterbrooke	1931
Mrs. V. Crouse.....	Hahn.....	1937
Mrs. Ralph West	Godfrey	1933
Mrs. W. R. Kemp	Anderson	1931
Mrs. J. Thorne	Clarke	1929
Mrs. E. G. Gardiner	McLeod	1936
Mrs. C. Boyd	Oliver	1926
Mrs. Grant Duthie	Shields	1927
Mrs. N. Bullivant	Moore	1939
Mrs. Percy Giles	Henderson	1934
Mrs. Reg. Hamilton	McIntyre	1928
Mrs. W. McDonald	Herdson	1935
Mrs. D. W. Dawson	Anderson	1936
Mrs. D. G. Munn	Moody	1930
Mrs. Duncan Brown	Graves	1931



Here and There



MISS LUCY COOPER, (1930), Akidw, W. Godavari Dr., India.

... am looking forward to seeing you all when I come on furlough-- which won't be for another three years. Do appreciate the alumnae annual, wish I could see a Carnival. Took a walking trip through part of Sikkion State up to one of the main passes leading into Tibet and saw snow once again after three and a half years.

MRS. BARGER (LEIRCH, 1914), Modesto, California.

... reading the Bulletin I see you purchased 27 baby bassinets for Maternity. This calls to mind the time we had more babies than baskets and a very small nursery. We simply packed all the babies into one room and invited all the doctors down to witness the congestion. Wasn't long until we had a new nursery--remember?

MISS EVA GLOVER (1925), Taber, Alberta.

... just graduated my first class (20) in Home Nursing for the St. John's Ambulance Association. Recently our car got stuck on the way to Burdett and after running through half a mile of weeds flagged the train and only arrived ten minutes late for my talk on "The Nervous System".

MISS FRANCES HARVEY (1930), Supt., Galt Hospital, Lethbridge, Alta.

... appreciate the year book as it gives us an idea where everyone is. We have our local gathering once a month with usually 10 to 16 present. Last month we played bridge at the home of Miss Oland (1934), the prizes being won by Miss Lees (1934) and Miss Hardy (1932). Needless to say the chief topics of conversation commenced with "do you remember?".

MISS LILLIAN BIBBY, No. 4 C. C. S., R. C. A. M. C.

... Miss Hodgson (1939) and I both received our year books and stayed up until we'd read them from cover to cover even the addresses. If wear and tear denotes appreciation, you should have seen Mrs. Sheridan's (Wheatley, 1926) after we got through devouring back numbers.

Just in case you are interested, we do appreciate the work done by the Red Cross and the Salvation Army. The contributions made by the former greatly assist our efforts to run a hospital, while the Salvation Army works effectually among the troops and provides entertainment for us.

MRS. BAILEY (Mabel Jarrett, 1925), Pasadena, California.

... due to adverse circumstances after my husband's accident, I found it necessary to work again and in accordance with the new law had to be registered in this state. I journeyed to Los Angeles to sit for the required exam. only to be told that graduates from C. G. H. were accepted due to the high standing of our training school. If there is any doubt about our hospital not being "tops" let me put you wise. At the time I was in the Registry office there were three Eastern graduates present and each one of them was given instructions to enter a training school in California, for from six months to a year and then write the exams. Was I proud of My Hospital? I realized our school had an alumnae and just because I happen to be a million miles away (more or less) and can't attend the Ice Frolic, the entertainments and dinners, etc., etc., by keeping up my dues and occasionally writing a letter I am privileged to be a member. It sometimes takes a good jolt to make us appreciative.

MISS JEAN LYNDS (1924), Somerset Hospital, Cape Town, S. Africa

... am Night Superintendent here. This is a training school for colored nurses and we opened two and a half years ago with seventy beds, but at present we boast one hundred and seventy with a new thirty-bed wing under construction. The colored girls have peculiar mentalities and take a bit of understanding, but make very good "bedside nurses."

MISS URSULA BURROWS (1932), Mission House, Batote, Jammu Province, Kashmir, North India.

... have been in India eighteen months, but sometimes it feels like eighteen years. We sailed from Vancouver to Yokahama, then after a week spent visiting Japan, sailed to Bombay via Hong Kong, Singapore and Colombo. The trip was filled with sights and sounds (sounds that we've never heard before). After studying the language I am to be permanently stationed in Kashmir, the most northerly place in India. Europeans are not encouraged and not allowed to buy property in this state. The people are very superstitious and I'll never forget my first maternity case. It took place in the early morning in a private home. You know, an ordinary mud hut of one room, housing the whole family plus the domestic animals. However, they possessed a bed, just a string one, the only covering a square of cowhide. In the middle of the floor was a fire of smouldering wood and the room was illuminated with a lighted wick floating in an earthenware dish of oil. Everything was filthy and it's a miracle that either mother or babe survived.

Don't misunderstand. There are fine hospitals in India, clever doctors and experienced nurses, but India of the Cities is not India of the Villages.

The Alumnae Association also heard from several other members outside the city, viz:

Mrs. F. C. Milligan (Bertha Johnson 1918), 12 Charles Street, Auburndale, Mass.

Mrs. E. L. Fomchon (Marjorie Allen 1922), Box 53, Summerand, B. C.

Miss Janet Shiel (1935), Tranquille Sanatorium, Tranquille, B. C.

Miss Stella Hodgson (1940), Lomond, Alberta.

Miss Agnes Short (1939), 622 - 6th Street South, Lethbridge, Alta.

Miss Grace Allison (1921), Los Angeles, California.

Mrs. E. A. Skelding (Grace Murray 1938), Box 309, MacLeod, Alberta

Mrs. J. Johnson (Mary Duncan 1924), 1091 Broughton Street, Vancouver, B. C.

Mrs. J. Howard (Jean Beattie 1921), 452 - 18th Street, Brooklyn, N. Y.

Mrs. N. Haviland (Nora Scott 1914), R. R. No. 5, Strathray, Ontario.

Mrs. A. S. Morgan (Mabel Hyde 1914), Raceland, Kentucky.

Mrs. E. Taylor (E. Hennan 1922), Ernfold, Saskatchewan.

Mrs. C. Tupper (G. L. Gogo 1917), R. R. No. 2, Box 45, Nez Perce, Idaho.

Mrs. G. A. Gillespie (Luella Archer 1922), 477 Homewood Ave., Peterborough, Ont.

Miss L. Mackie (1922), 214 Elm Street, San Matio, California.

Mrs. Daniel Munn (Margaret Moodie 1930), West Shefford, Quebec.

Mrs. R. H. Cummings (M. Spence 1920), Britannia Bay, Ontario.



MAIDEN'S LAMENT

They're worrying that I'm getting old,

A spinster left on the shelf,

As a matter of fact, if the truth were told,

I'm beginning to worry myself.

Toronto Saturday Night.



Mrs. Sweeting (Binkley '21)

BAKED HAMBURGER STEAK

Mrs. McEwan (Park '18)

1½ lbs. round steak (minced)
cup soft bread crumbs
2 tbsp. minced onion
2 eggs
¼ tsp. ginger (optional)
½ cup sliced onions.

1½ tsp. salt
¼ tsp. pepper
4 hard cooked eggs
1½ cups canned tomatoes
1 cup water

Method — Add bread crumbs to the steak minced onion and add seasoning and the uncooked eggs beaten slightly. Put mixture on wax paper and shape into a sheet. Arrange hard cooked eggs in centre of meat mixture and roll as a jelly roll. Place in a pan and pour over it a sauce of tomatoes, sliced onion butter and water which have been simmered together 5 minutes. Bake two hours in a moderate oven basting frequently.

MERINGUE PUDDING

Mrs. Thomas (Fraser '19)

Whites of 6 eggs, beaten stiff. Add 2 cups granulated sugar gradually. Beat in and beat 8 to 10 minutes. Fold in 1 teaspoonful vanilla, 1 teaspoonful vinegar. Bake 1 hour at 275°. If baked in 2 pans about 8 in. x 8 in. either ice cream (1 pint) or whipped cream (1 pint) or whipped cream and strawberries or other fruit may be put between layers.

PUDDING - SAGO

Mrs. Payne (Robinson '22)

Soak 4 tbsps. minute tapioca in 1 cup of milk for 1 hour.

1 cup bread crumbs
1 cup white sugar
1 cup raisins

2 tbsps. butter, melted
1 tsp. soda
1 tsp. cinnamon.

Method—Mix butter, sugar, crumbs and raisins. Then add tapioca and soda last. Steam 3 hours. Serve with burnt sugar or other sauce.

HEALTH DRINK

Miss Von Gruenigen (Vonnice '21)

½ oz. citric acid	Juice of 4 lemons, rind of 2
½ oz. tartaric	1½ lbs. sugar
1 oz. epsom salts (Mag. Sulph.)	1½ pints boiling water.

Method—Put ½ inch in bottom of glass and fill up with cold water.

FRENCH CREAM CAKE

Mrs. Staples (Thue '23)

3 eggs	1 tbsps. water
1 cup sugar	1 tsp. vanilla
1½ cups cake flour	½ tsp. salt.
1 tsp. baking powder	

Method—Beat eggs well. Add sugar gradually while beating, then add water. Sift flour, salt and baking powder together. Fold in last vanilla. Bake 325°F., reset 350°F. 15--20 minutes. While hot cut through layers and put together with following filling. Sift icing sugar over top. Do not cut for four hours.

Filling:

2 tbsps. cornstarch	1 pint milk
¾ cup sugar	½ cup butter
2 eggs	grated rind of ½ an orange.
½ tsp. vanilla	

Cook milk in double boiler. Add cornstarch mixed smooth with a little cold milk, just before taking off burner, add butter. Stir until smooth. Instead of orange rind, 2 tbsps. cherry wine may be used for flavoring if desired.

BANANA NUT LOAF

Mrs. Armstrong (Mercer '21)

2 cups flour	½ tsp. soda
2 tbsps. baking powder	1 tsp. salt
¼ tsp. nutmeg	½ cup chopped walnuts
½ cup bran	¼ cup butter
1½ cups mashed bananas	2 tbsps. thick sour cream
2 eggs, well beaten	

Method—Cream butter and sugar. Add eggs and beat well. Sift dry ingredients and add also nuts and bran. Then banana and sour cream. Bake in loaf for 45 minutes in moderate oven.

FOR ORDERLY MANAGEMENT

Mrs. Hooks (Johnston '22)

Take 2 lbs. of self-control, 1½ lbs. of justice, 1 lb. of consideration, 5 lbs. of patience and 1 lb. charity. Mix all together and simmer well. This should be taken in daily doses, or in extreme need, take a large dose hourly. It should be kept constantly on hand, and will positively insure the smooth running of the domestic machinery.

Tested and approved

RECOMPENSE



When some day to Heaven the nurses are taken
And the archangels give them their well-earned rewards,
They shall find they have ample recompense waiting
For overtime hours they have spent on the wards.

The great gates of pearl are not barred against nurses,
For here on the earth they've had their share of Hell,
So they enter in freely, and find then that Heaven
Is just like the hospitals they've known so well.

But there in God's Hospital, as it is written,
"The first shall be last, and the last shall be first";
The nurses will find there that they are the bosses
Of all of the doctors whose patients they've nursed.

In the angels' great record book they write their orders
(The same ones the doctors wrote down here below).
Then they look at the charts and disgustedly murmur
"Is there a thing that you doctors know?"

When will you learn to chart all of your fluids?
Do you realize that Murphy Drip's added up wrong?
From now on give my patient six times as much water.
I'll do a lavage, but don't make me wait long.

Why didn't that baby gain more than two ounces?
You don't seem to realize it has to be fed.
Good Lord! Will I never--no never--get service?
I think that you doctors must all be half dead."

And then they will watch all the doctors go running
To carry out orders they have to obey,
To do six things at once, and all of them promptly
For eight hours, or nine hours, or ten hours a day.

And so they will pass the long ages in Heaven,
Till they've had their rewards as the angels will tell;
Till their good's been rewarded, their sin has been punished,
The nurses in Heaven, and the doctors in Hell.

Miss. M. SMYTHE

Out-of-Town Visitors - 1940

Mrs. E. McLeod (Long '25)	Sundre, Alberta
Miss R. Blenner (Hassett '39)	Pincher Creek, Alberta
Mrs. J. Weare (Robson '16)	Vancouver, Wash.
Miss Grace Allison (1921)	Los Angelse, Calif.
Miss Jessie Little (1933)	High River, Alberta
Mrs. Jack Machon (Bradshaw '37)	Edmonton, Alberta

PLEASE PATRONIZE OUR ADVERTISERS

"LOST" MEMBERS

Mrs. Mary Manner—Martin	1900	Mrs. G. Campbell—Graham	1919
Mrs. J. Harrington—Sage	1902	Miss Minnie Marshall	1919
Mrs. A. Pringle—Payne	1904	Mrs. Fred Dawson—Curtis	1920
Mrs. R. Alloway—Matheson	1904	Miss C. M. Muirhead	1920
Miss Lottie Cowan	1905	Miss M. I. Muirhead	1920
Mrs. J. Stewart—Latham	1907	Miss Alida Miller	1921
Mrs. Holdworth—Betzner	1913	Mrs. M. T. Harvie	1922
Mrs. Blackwood—Thompson	1914	Mrs. T. B. Vinson—Shepard	1922
Mrs. Germyn—Bligh	1914	Mrs. G. E. Carter	1924
Miss Ethel Graham	1915	Miss D. Swanston	1925
Miss Jean Elliott	1917	Miss D. Gregory	1931
Miss Eleanor Renwick	1917	Miss G. Schofield	1933
Miss Jean MacMillan	1918	Mrs. J. Murray—Rickard	1936
Mrs. A. Johnston—Howard	1919		

COMFORT

☆☆☆

Of all the great inventions

That we have and of which I have read,
There is one that gives me solid comfort,
It's the light at the head of my bed.

I sew, knit and chat all the evening,

Till it's time to retire to rest,
And then with a great deal of pleasure
I choose a book--one I like best.

As I read I give thanks for the bed light

That is placed right over my head
I don't have to fuss over smoky lamps
And I have no subconscious dread

Of having to rise to my feet later on

To blow out a dim smoky light;
When I start to grow sleepy--I just pull a cord
And gratefully murmur--Good Night.

Mrs. Bailey, (Jarrett, 1925)

PLEASE PATRONIZE OUR ADVERTISERS

FROM LONDON

Never before in this country has the work of nurses been so important as since the outbreak of the present war. Not only are nurses in great demand for the fighting forces, but there has been a spectacular advance in their work as a result of rapid development of nursing in industry and consequent speeding up of war machine. The Royal College of nursing is the largest voluntary association of nurses and has more than 30,000 members and a student nurses' association of nearly 8,000. The Royal College specially trains nurses for work in air raid shelters and rest centers. It administers a fund of \$50,000.00 which has been subscribed to all over the world for relief for **Bombed Civilian** nurses and organizes hospitality in the country for nurses needing respite.

Found in The Editor's Mailbag

Nov. 1941

Dear M-----

Thanks for the postcards which I received a week tomorrow. I am very sorry I could not write earlier but I've been rushing dashing and flying all over.

We almost had a guest child but mom and dad thought they had better teach me some more manners instead.

Your Pal
D-----

Editor of the
WEEKLY TRIBUNE
The only decent
newspaper

As we go to press...with the last "i" dotted and the last "t" crossed. competition has reared its head! The editor (age ten) claims his sheet is "the only decent paper".

Again deflated, Ye Editor.

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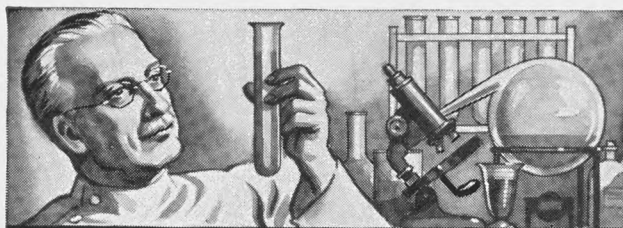
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